





World Class Health Care . . . Catering to the Unique Needs of Our Military Families



Choosing Your Doctor and Hospital

In today's society parents are very active in choosing where their families receive medical care. It's an important decision that requires careful planning and research. The choice of providers is especially important to expectant parents. Pregnancy requires choosing an obstetrician, pediatrician, and a hospital for the delivery.

Wilford Hall Medical Center has accomplished our goal to enhance the birth experience for new parents by offering quality, world-class doctors and nurses in an environment that **caters to the unique requirements of a military family**. Convenience and luxury combine into a maternity center *unsurpassed in the civilian or military communities*. We make it easy for you to choose both our hospital and our doctors.

Obstetric Care

All eligible expectant mothers can receive their prenatal care at Wilford Hall Medical Center. Our patients come from all over the military, and across all branches of the service. Enrollment in TRICARE Prime at WHMC is not a requirement for maternity care and/or delivery in our system. *You can choose to continue your obstetric care at any of the local bases and still deliver your baby at WHMC.* We want to make the process as smooth and easy as possible for you during this exciting time.



Wilford Hall Medical Center

Provides care and delivery for all complicated, high risk and routine pregnancies. Continuity of services with one provider is available.

Special Care provided by:

- ★ Neonatal Intensive Care Unit, staffed with nationally-recognized Neonatologists
- ★ Only heart-lung bypass team with national outreach and transport capability in the world
- ★ Maternal-Fetal Geneticists on staff
- ★ Specialized Maternal-Fetal doctors on staff
- ★ Pediatric providers of all specialties
- ★ Advanced Maternal Age Counseling

Important Phone Numbers

Central Appointments.....	210-292-7177
OB Appointments.....	210-292-6311
OB Check-in Desk.....	210-292-2731
Hauth Birthing Center.....	210-292-7410
OB Triage.....	210-292-2475

Brooke Army Medical Center

Provides care for uncomplicated, low risk pregnancies up to 40 weeks. Delivery at Wilford Hall Medical Center.

Important Phone Numbers

Central Appointments.....	210-916-9900
OB/GYN Appointments.....	210-916-2168
Family Practice.....	210-916-7792
Pap and Dysplasia.....	210-916-2858
Women's Health.....	210-916-3000

Randolph Air Force Base

Provides care for uncomplicated, low risk pregnancies up to 40 weeks. Delivery at Wilford Hall Medical Center.

OB/GYN Appointments.....	210-652-8546
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Maternity Care/Delivery

Expectant parents are our top priority at the Hauth Birthing Center. For your convenience all maternity related services are located on one floor at Wilford Hall Medical Center.

We have the only Labor, Delivery, Recovery and Postpartum (LDRP) in the San Antonio area and are one of a select few across the entire nation.

LDRP Rooms

Our LDRP's create peace of mind and comfort by allowing mom to stay in one room during the entire birthing experience. We believe the birth of your newborn should be a memorable time for the entire family. By allowing your new baby to stay in the room with you - from the moment of birth until you go home, and through our open visiting policy we create a home-like environment. To further create that family atmosphere we can also accommodate dad (or other important visitor) for an overnight stay in your room. Siblings are also invited to visit as much as possible.

Having a Problem? and it's after duty hours

If you are under 20 weeks pregnant and experience any medical problems after duty hours, regardless of where you receive your maternity care, report directly to the Emergency Room.

If you are over 20 weeks and have problems, go immediately to the Birthing Center, Fifth Floor, WHMC.



Both the security and safety of the newborn and new mother are *extremely* important to our staff. Our Newborn Security System only allows authorized individuals access to our newborns and our birthing center. Parents and babies are provided with special wristbands and security doors prevent unauthorized visitors from leaving the area with any of our newborns.

This program offers mothers and babies, meeting the eligibility criteria, the option of discharge as early as 12 hours after delivery, with a follow-up visit from a Registered Nurse (in your home) to make sure everything is going well.

- ★ Free Guide to Pregnancy Set (DVD, CD,VHS)
- ★ Special Dinner for the new parents
- ★ Lactation Consultation: Ask your provider
- ★ Nutritional Assessments
- ★ Bundles for Babies.....671-3722
- ★ Single Parents Group.....671-3722
- ★ Active Parenting Class.....292-5967
- ★ Moms, Pops, and Tots.....292-5967
- ★ Childbirth Education Classes.....292-7785
- ★ Breastfeeding Classes.....292-6452
- ★ Get Fit Pregnancy Program.....671-0566
- ★ The Fatherhood Connection.....292-5967
- ★ Special Needs Identification.....292-5967
- ★ Interactive Playgroup.....292-5967

Additional support groups, educational classes, and screenings available.

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6-8 Week: Exchange information and identify existing risk factors.

10-12 Week: Determine current health status for a healthy pregnancy.

16-20 Week: Work towards a more comfortable and safer pregnancy.

24 Week: Prevent pre-term labor for a safe and healthy baby.

28 Week: Monitor your baby, your progress and learn to count fetal movements.

32 Week: Prepare for your baby's arrival.

36 Week: Begin preparations for your hospital experience.

38-41 Week: Preparing for the delivery and baby's arrival at home.

Mother's Blood Type: _____

Expected Due Date: _____

Allergies: _____

OB Doctor's Phone: _____

Pediatrician's Phone: _____

Hospital Name: _____

Emergency Point of Contact (POC): _____

Emergency POC Relationship and Phone: _____



developed to guide you each step of the way through your pregnancy. The Guide provides information on what to expect with each prenatal visit, as well as information related to signs to report, breast feeding, exercise, diet and more! Please talk to your health care provider if you have any questions or concerns. If you did not receive your copy of the guide or have additional questions, log onto www.rach.sill.amedd.army.mil.

Pregnancy A to Z Web site:
[www.qmo.amedd.army.mil/
pregnancy/uncompreg.htm](http://www.qmo.amedd.army.mil/pregnancy/uncompreg.htm)
[www.pregnancyatoz.com/
home/](http://www.pregnancyatoz.com/home/)

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*We have the
only
LDRP
in the
San Antonio
area
and are only
one of
a select few
across the
entire nation.*

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***Catering
to the
unique
requirement
s
of
our
military
families***

Treasure Your Children . . . We Do!
at Wilford Hall Medical Center





**Birthing
Center
Waiting**



Mother's Room in LDRP

*If you have any questions
or would like a tour of
the Labor, Delivery, and
Postpartum Units
(LDRP), please call (210)
292-7401.*